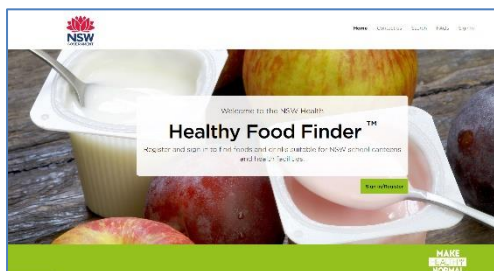


# NSW Health Healthy Food Finder: Fermented drinks and alcohol

In response to a recent Commonwealth Department of Health [Report](#) that shows the presence of undeclared alcohol in some fermented beverage products (kombucha, ginger beer, kvass and kefir products), the NSW Ministry of Health has removed all kombucha, ginger beer, kvass and kefir products from [Healthy Food Finder](#).

## Healthy Food Finder

Healthy Food Finder is a food and drink look-up tool that is used by Local Health Districts, retailers and canteen managers to guide product selection to meet the NSW Healthy Food and Drink Framework or NSW Health School Canteen Strategy. Health facilities and school canteens are attended by groups who should not, or may not want to, consume alcohol such as children, and women who are pregnant or breastfeeding.



## Process to list drinks on Healthy Food Finder

The ABCL encourages Members to list products by emailing the following documentation (developed in conjunction with NSW Food Authority) to the Healthy Food Information Service ([healthyfood@health.nsw.gov.au](mailto:healthyfood@health.nsw.gov.au)).

This includes products that have previously been listed in the Healthy Food Finder:

1. Evidence (documentation) that the alcohol content of your fermented product is less than 0.5% at the time of bottling; and
2. Evidence (documentation) that the alcohol content of your fermented product is less than 0.5% at the end of the products shelf life.

If your product has no discernible sugar content at bottling or has been pasteurised, accelerated shelf life testing is an acceptable testing method.

This documentation will also be required for any new or re-formulated products that come on the market.

The ABCL is able to assist Members in collating feedback to support information for listing in the Healthy Food Finder.

## Fast facts

### What are fermented drinks?

Fermented drinks include kombucha, ginger beer, kvass and kefir.

**Kombucha** is produced from a mixture of steeped tea and sugar, combined with a culture of yeast strains and bacteria. Some kombucha drinks also have fruit juice or other flavours added during production.

**Kefir** can be produced from milk (or a dairy alternative such as soy milk), water or coconut water.

**Kvass** is a traditional fermented Slavic beverage commonly made from rye bread.

### For more information

FSANZ, [Labelling of Alcoholic Beverages User Guide](#), 2014

NSW Health, [Fermented drinks and alcohol fact sheet](#), 2019

